

Granola Bars

Ingredients:

Non stick cooking spray
 1 cup honey
 3/4 cup peanut butter
 1 carrots
 3 1/2 cups rolled oats
 1/2 cup raisins
 1/2 cup coconut flakes

Equipment:

Medium saucepan
 Measuring cups
 Measuring spoons
 Grater
 9 x 13 baking pan
 Spatula

Number of Servings: 12
 Preparation Time: 20 minutes
 Total time: 20 minutes

Directions

1. Spray a 9 x 13 baking pan with non stick spray, set aside.
2. Heat honey and peanut butter together in large saucepan until melted. Stir often.
3. While honey is heating, wash a carrot and use a grater to shred it into pieces.
4. Remove saucepan from heat, add carrots, rolled oats, raisins and coconut flakes ,mix well.
5. Spray 9 x 13 baking pan with cooking spray, pour mixture into pan and press firmly. Let cool slightly.
6. Cut into 12 bars. If you prefer crunchy bars, bake at 350°F for 25 minutes.

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Nutrition Facts

Serving Size: 1 bar
 Servings: 12

Amount Per Serving		
Calories 308	Calories from Fat 99	
		%Daily Value*
Total Fat 11g		17%
Saturated Fat 3g		14%
Cholesterol 0mg		0%
Potassium 280mg		8%
Sodium 88mg		4%
Total Carbohydrate 49g		16%
Dietary Fiber 4g		16%
Protein 8g		17%
Vitamin A 34%	Vitamin C 1%	
Iron 9%	Calcium 25%	

*Percent Daily Values are based on a 2,000 calorie diet.

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